



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- * Through the ICE web-site.
- * Through the Naval Hospital Customer Comment Cards.

* The Hospital's Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the hospital's clinics.

Or Directly to the Joint Commission via:

E-mail at
complaint@jointcomission.org

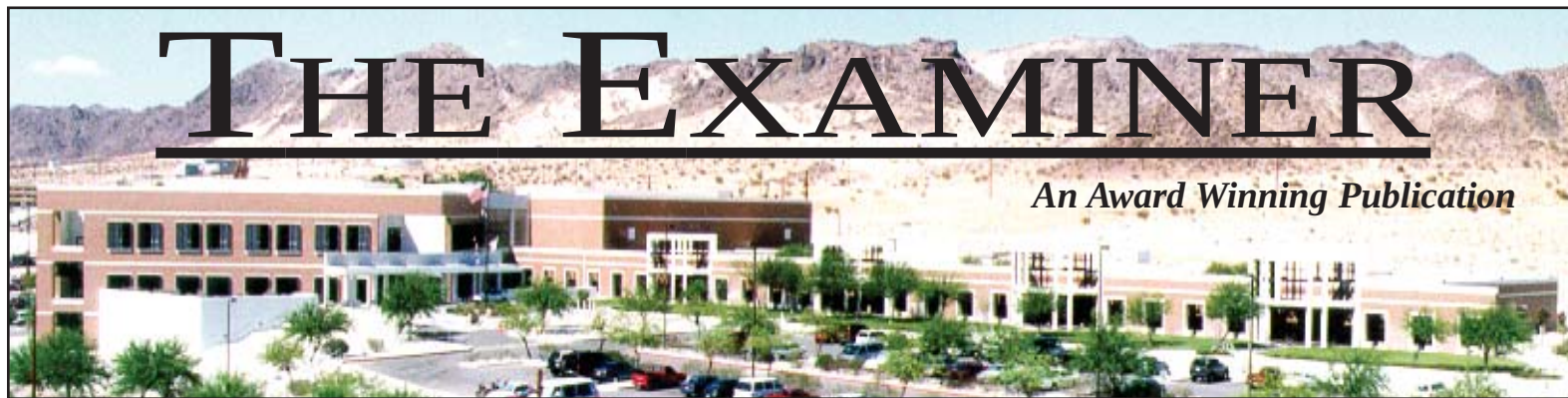
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630-792-5636

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THE EXAMINER

An Award Winning Publication



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Hospital Corps Detailers visit Twentynine Palms



The Navy's HM detailer's and manpower management expert recently visited the Combat Center to provide face-to-face career advice and job placement for approximately 100 Naval Hospital and greenside Hospital Corpsman who are within their 9-month rotation window. Shown in the photo above is HMC Virginia Mayo and HMCS John Pettry, to the right, HM2 Ramon Eusebio, right, advises HM2 Jose Mata of the hospital's Multi-Service Ward.



TriWest Launches Tele-Behavioral Health Care to Support Military TRICARE beneficiaries can click, chat and videoconference for support

PHOENIX (July 30, 2009) -- In support of a Department of Defense initiative to provide U.S. Armed Forces and their families with easy, around-the-clock access to behavioral health support, TriWest Healthcare Alliance announces the launch of the TriWest Online Care program.

TRICARE's West Region beneficiaries can access online behavioral health support, day

or night, from any Internet connection, anywhere in the world,

ability to offer expanded access to behavioral health support for

... 'We are pleased to have the ability to offer expanded access to behavioral health support for the military personnel and their families that we serve in the 21 states of the TRICARE West Region...'

-- David J. McIntyre, president and CEO of TriWest Healthcare Alliance

through www.triwest.com/bh.
"We are pleased to have the

the military personnel and their families that we serve in the 21

states of the TRICARE West Region," said David J. McIntyre, president and CEO of TriWest Healthcare Alliance. "Our new Online Care Program will provide those we are privileged to serve with access to care and much needed support services when and where it is most convenient for them. They deserve this enhanced level of support, without the added

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Naval Hospital Tobacco Free Campus, What does it mean to me?

*By Martha Hunt, MA CAMF
Health Promotion and Wellness
Robert E. Bush Naval Hospital*

What is the tobacco free campus initiative?
The Surgeon General of the United States Navy, Vice Admiral Robinson, has challenged Navy Medicine to lead the way by example by creating tobacco free hospitals and clinics.
To this end, Active Duty Navy Medicine staff will not be allowed to use tobacco products of any kind while on duty, in uniform or while traveling on Navy Medicine business. Also, visitors and patients to the hospital, AMCC or branch clinics will not be allowed to use tobacco products while on medical property.

Why have a tobacco free campus?
Tobacco use is the leading cause of death and disability in the U.S.
Tobacco use causes cancer, heart disease, respiratory illness, diabetes, infertility and a wide range of other disabling condi-

tions.
Tobacco use is also one of the leading detractors from combat readiness. Tobacco use impacts healing of injuries, heat stroke, night blindness, PTSD, etc.
Tobacco use in combat also makes you a target -- both from the lit tobacco product and the puddle of spit. A puddle of spit can be seen on the ground for several minutes - allowing your movements to be tracked.
Finally, tobacco related health care costs the Department of Defense (DoD) \$1.6 Billion per year for active duty alone. In fact, DoD medicine loses money 8:1 on tobacco sales. For every \$1 in sales on base, the DoD health care system loses \$8 in tobacco related health care.

When will it take effect?
Naval Hospital Twentynine Palms, Adult Medical Care Clinic, Branch Clinic China Lake and Branch Clinic Bridgeport will become tobacco free campus is on January 1, 2010. From that point forward, there will be no tobacco use on the hospital or clinic grounds.

Where will it be instituted?
Tobacco free campus will include all buildings that are medical in nature. Campus is defined as “any property or non-residential building that is owned, operated, maintained or leased by Naval Hospital Twentynine Palms to include all roads, parking lots and side-walks at the hospital, as well as the Adult Medical Care Clinic, China Lake and Bridgeport Clinics grounds.”

How will it be instituted?
Beginning November 2009 signage will be in place announcing the tobacco free campus status of all hospital governed property. Beginning January 1, 2010, all ash cans

will be removed from the property. Tobacco use areas will be moved as far off the medical property as possible without impacting the training needs of MCAGCC, Naval Air Weapons Station China Lake and Marine Corps Mountain Warfare Training Center.
Where can I get help quitting tobacco?
Active Duty Navy and all civilian hospital and clinic staff can schedule an appointment in the Occupational Health clinic Tuesday and Thursday afternoons starting in August and additional times by appointment. Health Promotions will then see you at the same time for brief, one on one counseling and follow up.

Active Duty Marines are only part of this process in that they will refrain from using tobacco products when on Navy Medicine property. Marines wishing to quit tobacco can contact Health Promotion and Wellness (760-830-2814) for brief, one on one counseling and follow up. You will then be sent to your provider for the meds.
Family members and retirees who wish to quit tobacco may make an appointment with a provider for the medication prescriptions. You will then be put into contact with Health Promotions for further help and follow up.
For more information, contact health Promotion & Wellness at (760) 830-2814 or email NHTP-tobaccofree@med.navy.mil.

Automate Your TRICARE Prime Enrollment Fees

*By Tiffany Anderson
TriWest Healthcare Alliance*

Currently paying TRICARE Prime enrollment fees? Read on, because you’ll soon be required to change the way you make those payments.
As early as 2010, TRICARE Prime beneficiaries who pay enroll-

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Automate Today

- Pay TRICARE Prime Fees Online
- No late payment or disenrollment
- View full payment history

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New Hospital Call Center Phone Menu Aims to Please

The new appointment line phone menu has changed. It was designed to decrease your phone wait time and swiftly direct your health-care concern to the right qualified staff member. Your options

are:

- Option 1. If your or a family member is sick and need an appointment;
- Option 2. Need to schedule or change an appointment in Family Medicine, Internal

Medicine, Pediatrics, or Nutritional Services;

- Option 3. Need to leave a message with your provider;
- Option 4. Family Medicine Nurse Run Clinics for patients 18 years or older with yeast

infections, urinary tract infections, walk in pregnancy test results, Class B or emergency contraception;

Option 5. Appointment Verification;

Option 6. Appointment Cancellation;

Option 7. Prescription refills, lab results, or all other non-booking appointment concerns;

Option 8. The "all other clinics" option will immediately direct you to that clinic or Department like TRICARE, or Pharmacy. For example, an appointment needed in OB/GYN can only be booked by that clinic not the Call Center. The Call Center menu offers you phone access to the clinics or hospital departments in the event you don't have a direct telephone number.

Ongoing Support

As always, you may utilize the Walk-In Appointment Desk on the 1st Floor near the TRICARE

Service Center which is now available from 10 a.m. to 3 p.m. Your walk-in requests will be handled at the appropriate Primary Care clinics from 7:30 to 10 a.m. and from 3 to 3:45 p.m.

The Customer Relations Officer is also available during normal working hours at 830-2475. The Customer Relations Officer, whose office is located opposite the Quarterdeck on the 1st Floor, is available to listen and address your concerns regarding any issue you may have.

TRICARE on Line www.tricareonline.com is another appointment option. Mr. Bob Knight, Template Manager, can be reached at 830-2590 for registration difficulties. You also have the option of contacting the Clinic Business Manager, Commander Sharon Kingsberry at 830-2942 if you have not received a return call.

Preventing Carbon Monoxide Poisoning

By **Martha Hunt, MA CAMF**
Health Promotion and Wellness
Robert E. Bush Naval Hospital

While it is still officially Summer, the winter months are really not that far off. Soon we will all be winterizing our swamp coolers and getting our furnaces checked for the season.

Now is the time to start thinking about carbon monoxide poisoning and taking steps to prevent it. Carbon monoxide (CO) is an odorless, colorless, deadly gas produced by burning any fuel and is the leading cause of poisoning deaths in the U.S. In CO poisoning, we breathe in carbon monoxide gas and it replaces the oxygen in our blood. When this happens, our organs and tissues do not get enough oxygen and we can become sick or die.

Early signs of CO poisoning consist of flu like symptoms. These symptoms may include fatigue, dizziness, headache, vomiting, trouble breathing, confusion and fainting. Carbon monoxide poisoning may lead to unconsciousness and death. Breathing CO can be especially dangerous for pregnant women, unborn babies, infants and people with anemia (low red blood cell count) or a history of heart disease. The most common sources of carbon monoxide include oil, wood or gas furnaces, kerosene space heaters,

gas or oil water heaters, gas stoves, gas dryers, fireplaces and wood stoves, charcoal grills, automobiles, lawn mowers and other gas powered lawn equipment.

To help protect you and your family from CO, follow these safety tips:

- * Have the gas-burning appliances and venting and chimney systems in your home inspected at the beginning of each heating season by a professional technician
- * Follow directions for proper installation and maintenance of gas-burning appliances
- * Check pilot light(s) on gas-burning appliances for a clear blue flame
- * Make sure appliances and chimneys have proper airflow
- * Do not use the oven or gas range for heating your home
- * Do not let the fireplace or space heater run while you are sleeping
- * Never use charcoal grills in your home - only use them in a well-ventilated area
- * Never let your car run in the garage, even if the garage door is open
- * Do not sleep in a parked car while the engine is on
- * Have your car's exhaust system inspected for possible leaks

* Never let anyone travel or sleep as passengers in a covered bed of a pickup truck

Carbon Monoxide Detectors

The Consumer Product Safety Commission (CPSC) recommends placing CO detectors near the ceiling of your home. In addition, the CPSC recommends placing a detector on each floor of your home, in sleeping areas, and near any major gas-burning appliance.

Detectors should not be placed within five feet of any gas burning appliances or near cooking or bathing areas. Always follow the manufacturer's directions for proper placement within a given area. Remember that CO detectors are for added safety, not as a replacement for proper use and maintenance of your appliances.

Know What to Do in A Poison Emergency

- * Keep the telephone number of the California Poison Center on or near your telephones
- * If you think a carbon monoxide poisoning has occurred, move the victim to fresh air right away and call 911!
- * Avoid the possible CO source until a professional service technician investigates the problem

Additional Hospital Telephone Numbers for your Convenience

Pharmacy: 830-2448

Quarterdeck: 1-760-830-2190

Physical Therapy: 830-2140

Audiology: 830-2002

TRICARE: 1-888-874-9378

Chiropractor/General Surgery/Orthopedics/Cast Clinic: 830-2070

DEERS: 830-7326

Dietitian: 830-2274

Deployment Health: 830-2948

Mental Health: 830-2724

OB/GYN: 830-2227

Optometry: 830-2458

Happy Birthday...

Physician Assistants

established September 1, 1971

Emergency Medicine named 23rd Medical Speciality

on September 21, 1979

Super Stars...



HN Juan Barron-Martinez, OB/GYN Clinic, receives his first Good Conduct Award.



HM2 (FMF) Jose Mata, Multi-Service Ward, receives his second Good Conduct Award.



Susan Tapia, Professional Affairs Office, receives her 20 year Federal Length of Service Award.



HMC (FMF) Dave Pope, Manpower Department, takes the oath at his recent reenlistment ceremony.



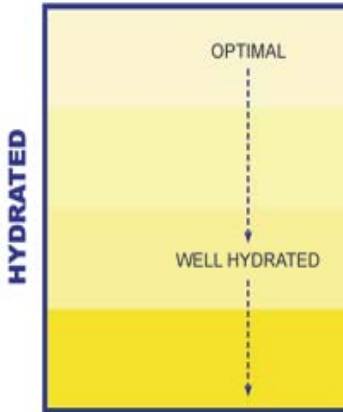
HMC Joseph Richey, Independent Duty Corpsman at the Adult Medical Care Clinic, takes the oath at his recent promotion ceremony.

Staying hydrated

Adequate hydration can be a challenge for Marines, Sailors and athletes who engage in heavy training. Dehydration is susceptible to cramps, heat stress and heat illness, and good health. Water is one of your body's most essential nutrients.

Are You Hydrated? Take the Test

Urine Color Chart



Water Consumption

Heat Category	WBGT Index, °F	Easy Work Water Intake (Quart/Hour)	Hard Work Water Intake (Quart/Hour)
1	78° - 81.9°	1/2	1
2	82° - 84.9°	3/4	1 1/2
3	85° - 87.9°	1	2
4	88° - 89.9°	1 1/2	2 1/2
5	> 90°	2	3

Bodily Armor < +0°
WBGT > +10°
Easy Work = working on a hard surface at less than 2 mph with less than a 30 percent load, regular maintenance, maintenance training, drill and ceremony.
Hard Work = working on a hard surface at more than 2 mph with more than a 30 percent load, regular maintenance, maintenance training, drill and ceremony.
The fluid replacement volume will sustain performance and hydration for at least 4 hours. Fluid intake should be adjusted to individual differences and exposure to full sun or full shade.
CAUTION: Fluid intake should not exceed 1.5 quarts. Daily fluid intake should not exceed 10 quarts.

Dehydrated in the hot Mojave Desert can be a big challenge

challenge when working and exercising in hot weather, especially for those who may lose 1-2 liters of water through sweat for each hour of exercise or more. Dehydration limits training capability and may make you more susceptible to heat stroke. An adequate supply of water is essential for both performance and health. Water is also a source of essential nutrients. Approximately 60 percent of the body is comprised of

water. The body requires a constant supply of water as every system in your body depends on water. For your body to function properly, you must replenish its water supply by consuming fluids and foods that contain water. Don't wait until you are thirsty. Thirst is a signal that your body is already on the way to dehydration. Drink before signs of thirst appear. Even small amounts of water loss may impair your performance. Symptoms of dehydration can range from dark yellow or amber colored urine, infrequent urination, thirst, nausea, headache, dizziness, little sweating to more serious complications. One way to check your hydration level is to monitor the color of your urine. It should be pale yellow and plentiful.

How much water should you drink every day? Water needs depend on many factors including your health, how active you are and where you live. The Food and Nutrition Board dietary reference intake for water recommends women consume 2.7 liters (91 oz) daily and men consume 3.7 liters (125 oz) daily through various beverages such as water, juices, milk, etc. and moisture found in foods such as fruits and vegetables. On average 20 percent of fluid comes from food and 80 percent from beverages. However the dietary reference intake was established for a temperate environment. Hot weather and exercise can make you sweat and compound the need to further increase fluid intake.

Drink before, during and after your workout to prevent dehydration. Both water and electrolytes including sodium are lost during exercise. Those who are just starting an exercise program or are in the acclimation period may be at greater risk of dehydration, making it especially important to monitor hydration status. Maintaining a constant supply of water in the body is essential to performance. Consuming a nutritionally balanced diet and adequate fluids during the 24 hours before an exercise session is especially important. Water is the best choice for fluid replenishment for most individuals for exercise less than 60 minutes in duration. Sports drinks such as Gatorade help replace lost electrolytes and preserve carbohydrate stores during high intensity exercise greater than 60 minutes.

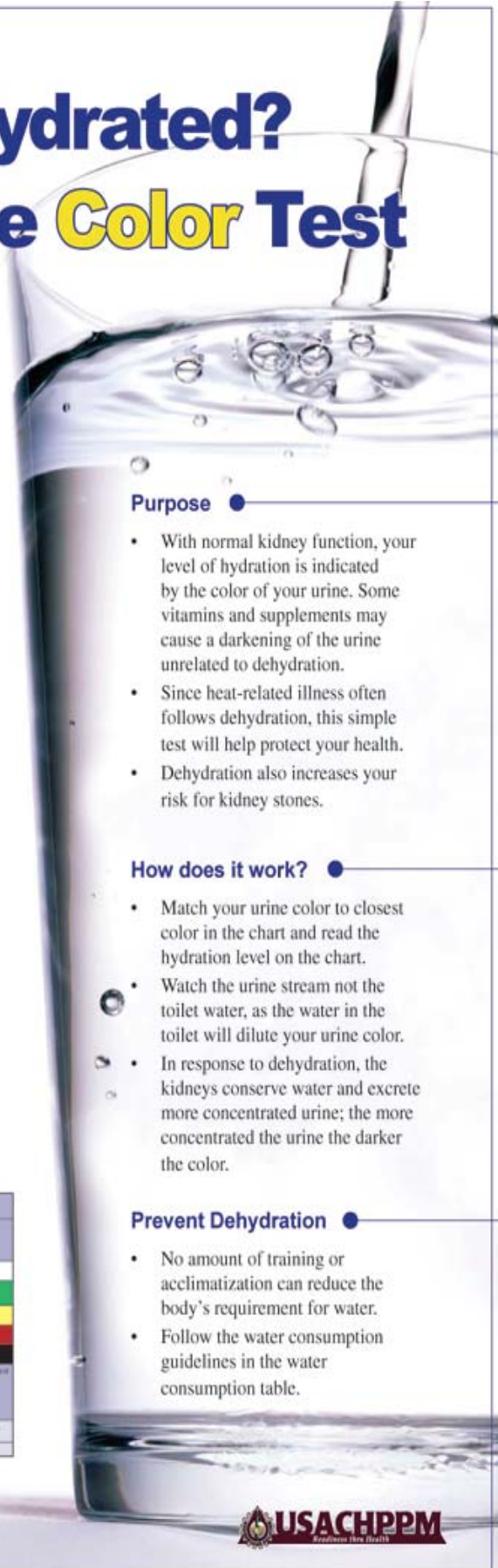
The American Council of Exercise provides the following hydration hints:

- * Drink 17-20 ounces of water two to three hours before the start of exercise.
- * Drink 8 ounces of fluid 20-30 minutes prior to exercise or during warm-up.
- * Drink 7-10 ounces of fluid every 10-20 minutes during exercise.
- * Drink an additional 8 ounces of fluid within 30 minutes after exercising.

Continued on page 8

You Hydrated?

The Urine Color Test



Purpose

- With normal kidney function, your level of hydration is indicated by the color of your urine. Some vitamins and supplements may cause a darkening of the urine unrelated to dehydration.
- Since heat-related illness often follows dehydration, this simple test will help protect your health.
- Dehydration also increases your risk for kidney stones.

How does it work?

- Match your urine color to closest color in the chart and read the hydration level on the chart.
- Watch the urine stream not the toilet water, as the water in the toilet will dilute your urine color.
- In response to dehydration, the kidneys conserve water and excrete more concentrated urine; the more concentrated the urine the darker the color.

Prevent Dehydration

- No amount of training or acclimatization can reduce the body's requirement for water.
- Follow the water consumption guidelines in the water consumption table.

Moderate Work	Hard Work
Water Intake (Quart/Hour)	Water Intake (Quart/Hour)
3/4	3/4
1	1
1 1/4	1 1/4
1 1/2	1 1/2
1 3/4	1 3/4
2	2

For moderate work - performing light to moderate work in the heat at 2.5 mph or less, a fluid intake of 1 1/2 to 2 quarts per hour is recommended. For hard work - performing heavy work in the heat at 2.5 mph or more, a fluid intake of 2 to 3 quarts per hour is recommended. Individual needs may vary. Fluid needs can be estimated by weight and heat category. Fluid needs can be estimated by weight and heat category.

USACHPPM
Readiness for Health

Getting the PPD Results Vital for Deploying Marines, Sailors

How important is it to track PPD results of active duty forces who are likely to deploy or return from deployment at any time? Exposure to Tuberculosis can result in acute infection. That requires immediate treatment to limit the extent of the disease and return the Marine or Sailor to deployment status.

At the Adult Medical Care Clinic (AMCC), they recognized that quite often, when Marines showed up for PPD, many did

not return to have it read. Without results, no diagnosis of exposure or infection could be determined. The system was broken.

AMCC chose to do a process improvement project to look at processes and the numbers of Marines who did not return and address these issues.

Using the Plan, Do, Check Act (PDCA) model, they found that the return for reads rate was 68 percent in Feb 08. They set a goal of 90 percent return for read (100 percent is usually

unobtainable). The completion was defined as the PPD skin test being read in the AMCC within

At the Adult Medical Care Clinic (AMCC), they recognized that quite often, when Marines showed up for PPD, many did not return to have it read. Without results, no diagnosis of exposure or infection could be determined. The system was broken.

48 to 72 hours of placement.

The plan was to Develop, implement and monitor processes associated with PPD skin testing.

They chose to review the process for PPD skin testing, determine corrections to improve the completion of PPD skin testing, develop a roster sheet to collect data on PPD completion, and implemented a tracking process for PPD converters enrolled to the AMCC. They did flow charts to determine the current processes and moved into the “Do” part of the Process.

For “Do” they create and implement a PPD roster sheet that was located in the Physical Exams area. They developed a trial roster sheet and implemented tracking for PPD converters.

They then decided to implement tracking for PPD converters. The next step was to collect PPD completion data for five months to see if changes made a difference.

As the process changes were checked, the “Check” part of the process, PPD completion rate was at 60 percent in July 2008. At that point, they recognized that the changes they made needed to be revised. So they revised the PPD roster sheet to include patient contact information, and gave bright colored reminder cards to patients. PPD completion rate rose up to 67 percent in August 2008, not the 90 percent they were striving for. So they implemented an aggressive patient call-back process utilizing cell phone numbers and work numbers 48 hours after PPD placed. By Oct 08, PPD completion rates were at 90 percent. But that is not the end of the process.

The next step is “Act” to hold the gain. The team chose to continue to track PPD completion rates, and maintain the current process. They also developed and published the written process to ensure continuity for turnover of the process with new staff.

As you can see, the process had to be “tweaked” and not every change worked. If they had failed to follow up, the process would have broken down again. The persistence of the team allowed them to find the right combination of steps to ensure follow up and treatment if needed. BZ to AMCC for their efforts and completion of the process!

Staying Prepared for Any Disaster is Important

*By Kristen Ward
TriWest Healthcare Alliance*

TriWest Healthcare Alliance assures TRI-CARE beneficiaries and families affected by any natural disasters such as fire, earthquake, hurricane or flooding, that their health care benefits will be maintained, and that service and support will continue during those critical times.

TRICARE advises its beneficiaries to prepare emergency safety kits that include health care information if you have to evacuate your home. Having this information and other items organized in emergency safety kits prior to inclement weather will help alleviate stress and ease the burden on family and loved ones.

Supplies to include in the kits are non-perishable foods, flashlights with extra batteries, a battery-powered radio, extra eyeglasses and first-aid supplies.

TRICARE recommends including these additional health-related items:

- * Copies of each family member’s TRICARE and military ID cards, medical records or other health insurance cards
- * List of doctors names and contact information
- * List of emergency contacts and phone numbers
- * List of family members’ allergies
- * A 30-day supply of any prescription medications or over-the-counter medications such as anti-pain, antacid, etc.
- * A 30-day supply of insulin, if applicable
- * List of model and serial numbers for medical devices such as pacemakers

All paper items should be kept in plastic bags and placed inside waterproof backpacks or duffel bags placed in easy-to-find locations so they can be grabbed quickly. Prescriptions

Continued on page 7

Automate Enrollment Fees...

Continued from page 2

ment fees will be required to make their payments electronically. When these changes become effective, check payments will only be accepted to ensure the first payment is made while your electronic payments are established.

By making the change now, you can:

- * Avoid disenrollment because of a late payment
- * Track payment history online, anytime
- * Start spending time where it matters most

Options to begin automating your electronic payments today:

1. Allotment from the sponsor's retired military pay; or
2. Electronic funds transfer (EFT) from your financial institution established directly to TriWest.

Already making your TRICARE Prime enrollment fee payments electronically? No action is required unless you are signed up for your bank's online bill pay. This may mean a physical check is cut from your bank and mailed to TriWest. To be compliant for TRICARE's electronic requirement, you would need to redirect the EFT directly to TriWest, following a few simple steps.

Luckily, it's easy to register and get started. To begin, simply log on to www.triwest.com/epay and choose either option:

Online

Registered users can log on to www.triwest.com. Non-registered users can create an account at www.triwest.com and receive a password within minutes. Click on "Make a Payment" and provide the information required for your payment option (allotment or EFT).

By mail

Go to www.triwest.com and select "Find A Form" from the Quick Links section to download and print an allotment or EFT form. Complete the form, sign and mail it with your initial fee payment to:

TriWest Healthcare Alliance Corp
P.O. Box 43590
Phoenix, AZ 85080-3590

If you relocate to another TRICARE region, you'll want to follow similar steps with the TRICARE contractor for that region, as all regional TRICARE contractors will be required to implement this change on behalf of the Department of Defense.

Learn more about making your electronic payments by logging on to www.triwest.com/epay or calling 1-888-TRIWEST (1-888-874-9378) between 8 a.m. and 6 p.m., Monday through Friday. A representative will answer any questions and better inform you about online Web registration or help you to establish an electronic fee payment.

Behavioral Health Care...

Continued from page 1

worry of external perceptions or judgment. We're pleased to assist the military in standing up this new benefit, because it's the right thing to do."

TriWest's Online Behavioral Health Care Program expands access to behavioral health services for West Region beneficiaries. In addition to TriWest's network of 20,000 behavioral health care providers who serve the West Region, it is organized around a "stepped care" model of delivery that presents eligible beneficiaries with an array of service level options and access to resources and services most appropriate to meet their needs. The continuum of care includes:

1. TriWest Behavioral Health Portal

Self-service access 24-hours a day, 7-days a week, 365-days a year. (www.triwest.com/bh) to behavioral health information and education through an extensive virtual resource library of articles and streaming videos on topics ranging from deployment-related stress and PTSD, to parenting, relationships, depression, substance abuse, suicide and coping with loss. In addition, an interactive resource directory provides links to hundreds of

national and community-based resources available to provide an array of assistance services.

2. TriWest's Behavioral Health Contact Center (BHCC).

Beneficiaries can contact the BHCC via phone (888-874-9378), secure Web-based e-mail, or instant messaging (IM)/live chat (www.triwest.com/bh) again, 24-hours a day, 7-days a week, 365-days a year.

3. TRICARE Assistance Program (TRIAP)

Private, confidential, non-reportable, non-medical professional assistance services, for guess what, 24-hours a day, 7-days a week, 365-days a year. via secure Web-based video conferencing, which permits two-way, real-time service and consultation by licensed, masters or PhD-level counselors. This option is available to eligible active duty service members and their families, TRICARE Reserve Select members and beneficiaries eligible for the TAMP program.

4. TriWest's Tele-Behavioral Health Care Network

By contacting the BHCC, staff will assist eligible beneficiaries in locating a network provider and coordinating their appointment for either clinical counseling services by a qualified network provider via Web-based videoconferencing or face-to-face in the office as appropriate for the beneficiary.

Staying Prepared...

Continued from page 6

should be stored in proper containers.

Your benefits will travel with you if you are displaced or evacuated outside of TriWest's 21-state region during a disaster. If you need medical care:

* Contact your TRICARE Service Center (TSC) or TriWest at 1-888-TRIWEST (874-9378) to verify that it is still open.

* Contact TriWest immediately at 1-888-TRIWEST (874-9378) if you are displaced or evacuated

to a state outside of TriWest's 21-state region to ensure coverage at the new location. Beneficiaries enrolled in TRICARE Standard, a fee-for-service option, may seek care from any TRICARE-authorized provider.

* In case of an emergency, call 911 or seek treatment at the nearest emergency room.

For TRICARE Prime/TRICARE Prime Remote enrollees, emergency care does not require a referral or authorization; how-

ever, beneficiaries or a family member should notify TriWest at 1-888-TRIWEST (874-9378) within 24 hours or as soon as possible after receiving emergency care.

If a disaster hits your area, you can manage your health care 24/7 from any location with an Internet connection by visiting www.triwest.com. You may also find general updates and disaster-related resources at TriWest's "Crisis Connection" site at www.triwest.com/crisisconnection.



Lieutenant Commander Fitzgerald Wheeler, Hospital Comptroller, takes the oath at his recent promotion ceremony as his son looks on.

Staying hydrated...

Continued from page 5

* Drink 16-24 ounces of fluid for every pound of body weight lost after exercise.

Don't over drink. Though uncommon, it is possible to drink too much water which can lead to a life threatening condition called hyponatremia (water intoxication). Fluids should be sipped frequently and not gulped all at once. Fluid intake should not exceed sweat losses; you shouldn't be gaining weight during your exercise session. During prolonged exercise, sodium should be consumed with the rehydration beverage along with adequate sodium in the diet to replace losses in sweat.

Beware of sodas, energy drinks, caffeinated beverages and alcohol. Alcohol will not replenish fluids; it acts as a diuretic and will further dehydrate you. Sugary beverages such as sodas and energy drinks have little nutritional value and may delay absorption of water during exercise and can cause stomach upset. Although moderate intake of caffeinated beverages may not compromise exercise performance or hydration, excessive intake of caffeine can act as a diuretic and cause the body to lose more water.

Approach dietary supplements with extreme caution, as they may have dangerous side effects and can also affect hydration status. For example, ephedra containing products can cause severe life-threatening effects including increased heart rate, increased blood pressure, increased risk of heat injury, hypertension, myocardial infarction (MI), and others including death. Although ephedra was banned by the FDA, it may still be available internationally. And although some products may be labeled "ephedra free," they may still contain harmful ingredients such as synephrine and other ingredients which mimic the action of ephedra. Another popular supplement, creatine, causes muscles to draw water from the rest of your body and might cause you to become dehydrated. Before using any dietary supplement, you should consult with your health care provider. Additionally, stay abreast of the numerous dietary supplement recalls and warnings, such as the recent hydroxycut recall, which can be found at <http://www.fda.gov/Food/DietarySupplements>.

Are you staying hydrated?

Refer to the chart in the center spread on pages 4 and 5, and remember to drink up to promote adequate hydration and prevent a heat related illness.

For additional information on hydration and dietary supplements visit the following websites:

U.S.ArmyCenter for Health Promotion and Preventive Medicine:

<http://usachppm.apgea.army.mil>.

The Warfighter Nutrition Guide:

<http://www.usuhs.mil/mem/warfighterguide>

Gatorade Sports Science Institute:

www.gssiweb.com

American Council of Exercise:

<http://www.acefitness.org>.

Office of Dietary Supplements:

<http://dietary-supplements.info.nih.gov>.

If you have any further questions or would like to make an appointment with the Registered Dietitian, talk with your PCM for a referral or call 830-2752/2274.

POW/MIA Recognition Day
September 18, 2009